

**Statistics Report 35148, Stew, steamed corn (Navajo)**

**Report Date: July 16, 2017 06:54 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	76.03	2	--	72.86	79.2	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Energy	kcal	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	470	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <a href="#">1</a>	g	8.82	2	--	6.96	10.68	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Total lipid (fat) <a href="#">1</a>	g	3.75	2	--	3.18	4.32	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Ash <a href="#">1</a>	g	0.60	2	--	0.41	0.8	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	10.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary <a href="#">1</a>	g	2.3	2	--	2.1	2.4	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Sugars, total <a href="#">1</a>	g	0.51	2	--	0.45	0.56	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.34	2	--	0.31	0.38	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) <a href="#">1</a>	g	0.09	2	--	0.07	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fructose <a href="#">1</a>	g	0.07	2	--	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	04/2004
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch <a href="#">1</a>	g	6.55	2	--	5.78	7.32	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca <a href="#">1</a>	mg	22	2	--	14	31	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Iron, Fe <a href="#">1</a>	mg	1.10	2	--	0.94	1.25	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg <a href="#">1</a>	mg	24	2	--	22	25	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	107	2	--	94	121	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Potassium, K <a href="#">1</a>	mg	177	2	--	135	219	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Sodium, Na <a href="#">1</a>	mg	104	2	--	29	178	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn <a href="#">1</a>	mg	1.55	2	--	1.5	1.6	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Copper, Cu <a href="#">1</a>	mg	0.075	2	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn <a href="#">1</a>	mg	0.102	2	--	0.09	0.12	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Selenium, Se <a href="#">1</a>	µg	5.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin <a href="#">1</a>	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">1</a>	mg	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	3.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid <a href="#">1</a>	mg	0.400	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 <a href="#">1</a>	mg	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total <a href="#">1</a>	µg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	1.603	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 <a href="#">1</a>	g	0.083	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 <a href="#">1</a>	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 <a href="#">1</a>	g	0.834	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 <a href="#">1</a>	g	0.048	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 <a href="#">1</a>	g	0.609	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 <a href="#">1</a>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	1.497	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 <a href="#">1</a>	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated <a href="#">1</a>	g	0.069	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 <a href="#">1</a>	g	0.025	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated <a href="#">1</a>	g	1.391	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 <a href="#">1</a>	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.392	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated <a href="#">1</a>	g	0.272	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated <a href="#">1</a>	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.045	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c <a href="#">1</a>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated <a href="#">1</a>	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data  
<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD